



Help Me Grow Maine

A Solution to Help Young Children Shine

Help Me Grow is a central access point designed to connect families to information and services about child development and community resources.

In partnership with 211 Maine, caregivers and providers can contact Help Me Grow for additional support. Help Me Grow will listen, link families to services, and provide follow-up to both caregivers and referral sources.

Contact HMG Maine Today!

Tel: 207-624-7969

Toll-Free: 1-833-714-7969

Fax: 207-624-7994

E-Mail: HelpMeGrow@maine.gov

